



BI-MONTHLY HEALTH JOURNAL & GUIDE MAY 2021



Dr. Lerla G. Joseph
Chair & CEO

CELEBRATIONS AND RECOGNITION OF INDIVIDUALS AND ORGANIZATIONS ARE PART OF THE FABRIC OF CVCHIP. I HAVE FOUND THAT EXPRESSING SUPPORT OF THOSE WHO ARE DOING WELL AND THOSE WHO ARE STRIVING TO DO WELL SERVES AS INSPIRATION AND MOTIVATION FOR ALL TO KEEP "MOVIN" TO REACH A NEXT LEVEL IN THEIR SUCCESS.

THE TIME THAT IT TAKES TO GET THERE FROM BUMPS IN THE ROAD IS NOT A DEAL BREAKER FOR THE JOURNEY. ONE OF THE MOST IMPORTANT FACTORS IN DRIVING SUCCESS IS YOUR VISION IN MY OPINION. WHEN YOU BELIEVE THAT THERE IS A SKILLS DEFICIT IN YOUR DNA, DON'T PROCRASTINATE IN SEEKING HELP TO FILL THE GAP.



IN LEADING CVCHIP, I HAVE CONCLUDED THAT OUR STRENGTH AND SUCCESS ALIGNS WITH THE CAPABILITY OF CVCHIP INDIVIDUAL PRACTICES AND HOW THIS IS LEVERAGED TO SUPPORT CVCHIP AS A BUSINESS. WHEN WE WORK TOGETHER AND SHARE RESOURCES AND EXPERIENCES AND CVCHIP INTERVENES BY PROVIDING ADDITIONAL RESOURCES, THESE APPROACHES HELP TO ASSURE CVCHIP'S SUSTAINABILITY AND VIBRANCY.

IN ADDITION TO EXPRESSING A HUGE DOSE OF APPRECIATION TO THE CVCHIP BOARD OF DIRECTORS, PRACTICES, SUBJECT MATTER EXPERTS AND ADMINISTRATIVE STAFF, I WOULD BE REMISS IF I DIDN'T ACKNOWLEDGE ALSO THE CONFIDENCE AND SUPPORT OF OUR PATIENTS. **WE ARE BECAUSE OF THEM.**

LET'S CONTINUE TO ROLL UP OUR SLEEVES AND WORK HARD AND SMART AS OUR MOTHERS AND MOTHER FIGURES HAVE DONE/ARE DOING ON OUR BEHALF. THERE ARE MANY OTHERS AS WELL THAT ARE SELFLESS IN HELPING OTHERS SUCH AS OUR NURSES, THE MILITARY AND OTHER FIRST RESPONDERS. **APPLAUSE.**

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Tuesday/Thursday 12:30-2:00 PM

Purpose

1. Establish a forum for CVCHIP to showcase its Vendors/Suppliers
2. Boost dialogue between CVCHIP Administrative staff and Participant Practices
3. Extend an opportunity for Participant Practices to share its unique characteristics

Agenda

- 12:30-1:00 PM—Vendor Showcase
1:00- 1:30 PM— CVCHIP/ACO Dynamics
1:30—2:00 PM—Practice Updates

ACO OVERVIEW & MEMBERSHIP ESSENTIALS

1. Document Requirements - BAA; Personal Information (all providers in practice), ACO Champion for Practice, Compliance Agreement, Beneficiary Poster
2. Measuring Population Health- Quality Metrics, Benchmark, HCC Scoring, CVCHIP Calendar
3. Benefit ROI for - AWW, Transitional Care, Advance Directives
4. GPRO Reporting - New for 2022-
5. Growing Your ACO

***A CVCHIP/QUEST DIAGNOSTICS INITIATIVE**

CALL US TODAY

VT

Lerla.joseph@cvchip.net

804.337.7575





MARILYN'S MONDAY MORNING MESSAGE

VOLUME 6, ISSUE 15

WHAT'S IN YOUR TOOLBOX TO SUSTAIN A HEALTHY MIND?

May kicks off "Mental Health Month." It has been observed in May in the United States since 1949 by the National Mental Health Association. The awareness platform consists of diverse approaches to sustain a healthy mind and is observed with media, local events, and more. I especially recognized the importance of mental health and the interventions to prevent and recover from mental illness when I served as Director of Planning for the Virginia Department of Mental Health (now the Virginia Department of Behavioral Health). While focused on helping others in this role and aligning resources with needs, I felt it essential as well to build and stand on a foundation of wellness for my own mental and physical health, the symbiotic relationship for which is well validated by an abundance of research and literature.

Although there are many practices that I could integrate into a plan to keep my mind healthy, the following are my priorities for doing so.

Eat, Sleep and Exercise daily

Stay positive, read wisdom into negatives and learn from mistakes

Journal moods on a Likert scale with 5 being a day free of stress and a 1 being a stress filled day

Update knowledge about symptoms of mental illness and resources to use for help

Identify approaches to reduce or eliminate stress such as volunteering, taking on projects in the home, spending more time on hobbies

Interact frequently with others socially and professionally, especially family, friends and colleagues

Continue to grow through education, experiences and the embrace of diversity, equity and inclusion

BOTTOM LINE: Investing in time, energy and proven strategies and approaches for keeping the mind healthy has a huge ROI. If you believe that you are tipping the scales in negative thoughts, stress and adverse behaviors, seek help. Don't allow the stigma of mental illness control your decision to reach out for assistance. Please let me know at 804.337.7575 or mhwestcon@aol.com if I can assist.



MORE INFORMATION YOU CAN USE

CVCHIP STRATEGIC PLANNING INITIATIVE UPDATE

1. 3 Meetings of the SPC held on the 4th Thursday of February, March and May
2. Meetings chaired by Dr. Joseph
3. Revamped vision, mission, core values, priorities, factors driving CVCHIP'S future
4. NEXT STEPS—Produce draft plan for consideration by the SPC in June

CVCHIP ACTIVELY PARTICIPATES IN THE NMA, REGION II ANNUAL MEETING

(See Below, Next Page and the Appendices)

Virtual Exhibit Hall Support

Drs. Joseph and Charlton and Marilyn West

Speakers

Drs. Joseph and Charlton

EXHIBIT HALL PRESENTATION FOCUS



LEARN HOW AN ACO CAN IMPACT YOUR PRACTICE...

FEATURING DR. LERLA G. JOSEPH, NMA MEMBER AND CVCHIP FOUNDER



CONTACT INFORMATION
lerla.joseph@cvchip.net
804.386.7855



1. WELCOME
2. WHO IS IN THE HALL?
3. THE ROI FOR PARTICIPATING*
4. CVCHIP AT A GLANCE AND OUR DNA
5. KEY FACTORS CONTRIBUTING TO OUR SUCCESS
6. OUR FUTURE AND YOU
7. Q & A
8. ADJOURN

* Candidate pool for one of two \$100 Gift Certificates. Post your name and phone number in the CHAT

MORE ON CVCHIP PARTICIPATION AT NMA REGION II MEETING

Resource to Support Boot Camp



CONGRATULATIONS, NMA REGION II

CONTACT INFORMATION
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DR. LERLA G. JOSEPH



**AFRICAN AMERICAN
FOUNDER /OWNED**

BEST PRACTICES

**SHARED SAVINGS
LAST 5 YEARS**

**SUSTAINABLE
& SOUGHT AFTER
RESOURCE**

**NO JOINING
FEE &
MEMBERS
MAINTAIN
AUTONOMY**

**NO
RESTRICTIONS
ON PROVIDER
LOCATION TO
JOIN**

**CVCHIP
DNA**

**ACCESSIBLE,
QUALITY & VALUE
BASED CARE**

**PRIORITY FOCUS:
PROMOTE EQUITY
DIVERSITY &
INCLUSION IN
HEALTH CARE**

**POD OF
EMERGENT ACO**

cvchip.org

**Dr. Lei Charlton Closing Annual Meeting Speaker
Presentation**



Recording.m4a

**CONGRATULATION TO DR. LERLA G.
JOSEPH RECOGNIZED BY THE NMA
AS THE PRACTITIONER OF THE YEAR**



MAY 2021

REMINDERS



CELEBRATIONS

Monthly Holidays

Asthma Awareness
Family Wellness
Global Health and Fitness
National High Blood Pressure
Education
National Mental Health
Month
National Stroke Awareness
Older Americans
Women's Health Care

Weekly Holidays

Teacher Appreciation, 3-7
National Nurses Week, 6-12

Daily Holidays

Mother's, 9
Memorial. 31

**JOIN THE CVCHIP
BI-WEEKLY CHAT
VIA ZOOM**

**WEDNESDAY, 7:30 AM
5/12 and 5/26
(Visit cvchip.org for details)**



**PROGRESS IS BEING MADE TO
CONTAIN COVID-19 BUT CONTINUE TO
PRACTICE THE 3 Ws: Wash Your Hands;
Watch Your Distance; Wear Your Masks**

**TAKE THE TIME TO ACT ON
THE FOLLOWING:**

- **CONNECT REGULARLY WITH
CVCHIP QUALITY ASSURANCE
OFFICER – Shakara Elam**
- **SHARE**
Success Stories and Best
Practices
- **RECOMMEND**
Board Members, Partners and
Practices for CVCHIP
- **VISIT FREQUENTLY
CVCHIP WEBSITE
(cvchip.org)**
- **SCHEDULE**
Lunch and Learn Session

CELEBRATE OFTEN





PRACTICES AND BOARD MEMBERS

Practice Name	Contact Name
Adult And Pediatric Medical Associates, PC	Vernis Beverly, MD
Cardiac Connections Home Health Care	Zanaib Dumbya, RN
Central Virginia Family Medicine, P.C.	Mitzi j. Sampson, MD
Charles City Medical Group Inc	Lerla G. Joseph, MD
Divine Health Care LLC	Lind W. Chinnery, MD
Dr Al Family and Urgent Care	Liqaa S Al-Khozaie, MD
East Coast Physicians PC	Hasan Farkhani, MD
Family Medical Center PC	James Cook, MD
Family Medicine Health Care PLLC	Samir Abdelshaheed, MD
Fort Norfolk Plaza Medical Associates, LLC	Keith Newby, M.D.
Horace Jackson, M.D.	Horace Jackson, MD
Jerome Smith, M.D.	Jerome Smith, MD
House Calls MD	John Gehman, MD
Lei S. Charlton MD PC	Lei S. Charlton, MD
Leon J. Brown, Jr., M.D., P.C.	Leon J. Brown, Jr, MD
Lifestyle And Wellness Center LLC	Tanis Akers-White, MD
Lindley Smith	Lindley T. Smith. MD
MD Wellness And Health Center	Makini Ainsworth, MD
Old Hampton Family Medical Associates PC	Leo C. Bowers, MD
Peoples Pharmacy LLC	Anna Peoples, Pharm D
Primary Care Specialists, Inc.	James Newby, II, MD
Professional Health Care, Inc.	John K. Min, MD
* Jerome Smith , MD is practicing with Professional Health Care	

BOARD MEMBERS

Graisse Abdelshaheed, RN
 Leon J. Brown, Jr, MD
 Lei S. Charlton, MD
 Melessia Hill, PM
 Lerla G. Joseph, MD
 James Newby, II, MD
 Michael Perriccio, BS
 Mitzi J. Sampson, MD
 Jerome Smith, MD
 Lindley Smith, MD
 Thelma B. Watson, Ph.D.
 Edward G. West, MBA
 Tania Akers-White, MD

WE ARE CONTINUING TO TRAVEL TO THE NEXT LEVEL...

VISIT FREQUENTLY OUR WEBSITE AT cvchip.org

SEND NEWSLETTER TOPIC SUGGESTIONS TO

Dr. Lerla Joseph: lerla.joseph@chip.net

THANK YOU EVERYONE FOR YOUR CONTINUING SUPPORT

2021 PROMISES TO BE ANOTHER GREAT YEAR

(It Will Be Reflected In Part From The Shared Savings
To Be Distributed For The 5th Consecutive Year In 2021)

Marilyn H. West, Editor

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NORTH CAROLINA

TENNESSEE

NEBRASKA

VIRGINIA

STAY ON TRACK WITH US

SPREAD THE WORD

TOPICS FOR UPCOMING CVCHIP BI-WEEKLY CHAT

MAY 12

**HONORING CHOICES-BEGINNING A
CONVERSATION ON ADVANCE DIRECTIVES**

MAY 26

**ONE PARTNER-HIE
USING A POPULATION HEALTH TOOL**

**JOIN US FOR OUR JUNE
2021 ISSUE TO LEARN MORE ABOUT
CVCHIP HAPPENINGS!**